For more information or any questions, please call 413-587-1228

June 2014

All events are held at the Northampton Senior Center 67 Conz St. unless otherwise noted. Annual Ceil Goral Tag Sale Saturday, June 14 9:00 - 2:00

Still Life: Color, Acrylic								
Painting								
Tuesday, June 17								
1:00 pm								

20th Annual Party in the Park Wednesday, June 4 11:30 - 1:30 Mass Mutual Retire Confidently Income Seminar June 18 at 6:30 pm

Shred Day Fundraiser Saturday, June 21 9:00 - 12:00 Ice Cream Social Tuesday, July 8 1:30 - 2:30

	Tuesdays Wednesdays	9:30-10:45am 9:00 - 10:00 am	Cup of Conversation: Enjoy conversation and a complimentary cup of coffee or tea No Cost Breakfast Outreach Program: All Northampton seniors over 60, are welcome
	Thomas	1 20 2 20	to join us for this new and nutritious breakfast program. Be sure to use your Senior Center scan card.
	Thursdays Fridays	1:30-3:30pm 1:00-2:30pm	BINGO : .50 cents a card with cash prizes. Special Games Played. Senior Gay Men Drop-In Group : No fee, no registration. Walk-ins welcome. SHINE : Counseling, Medicare and Medicaid. By Appointment only.
• • • •	Fridays	1:00 - 3:00pm	
			ites, and times may change or be cancelled and fees may be changed without notice.
Mon.	June 2 - June 30		Art Exhibit: Sheila Townsend displays her various forms of art work. Come view this wonderful exhibit
Mon.	June 2,16, 23	12:15 pm	Massage Clinic: A Clothes on massage for seniors and caregivers. By appointment only. Fee \$20.00 for Northampton Seniors and \$25.00 for non-residents and seniors 55-59. Call 413-587-1228
Tues.	June 3	10:00 - 12:00	Free Blood Pressure Clinic: Blood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors
Tues.	June 3	10:00 -12:00	PVTA Photo ID: For disabled and senior citizens with documentation. Fee \$1.00
Wed.	June 4,11,18,25	9:00-10:00 am	No Cost Breakfast Program: All Northampton seniors over 60 are welcome to join us for this nutritious breakfast program. Offered in conjunction with the Massachusetts Department of Elder
			Affairs and Highland Valley Elder Services. Be sure to have your Senior Center scan card. Please register at reception.
Wed.	June 4	11:30 – 1:00 pm	
			100 years of age and other seniors in a celebration. Food, entertainment, door prizes and fun! Tickets are \$8. In advance and \$10. the day of the event.
Wed.	June 4,25	1:30 pm	Veteran's Benefits Appointments: Assistance with Veteran's benefits with Paul Neville.
Wed.	June 4,11,18,25	5:30 pm	Wednesday evening programming: Sign up for Yoga, tap and Fitness Center is open for
wca.	June 4,11,10,23	3.50 pm	Wednesday evening memberships along with the games room and computer room. Come on in!
Fri.	June 6,20	10:30 am	Nutritional Outreach Program pick up - Must be a participant in this program.
Fri.	June 6	1:30 pm	Photography Club Premier meeting - Come meet other camera enthusiasts and learn what is
		·	going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues is \$5./yr for
			residents \$10./yr non-residents.
Mon.	June 9	10:00-12:00	Men's Day Celebration - Northampton Senior Men 60 years and older. "Hamburgers and Haircuts" -
Т	l 10 17 24	10.00	Sign up early due to a limited amount of haircuts. The cost is \$2.00/pp
Tues.	June 10, 17, 24	10:00 am	Writing Your Life Story Workshop: This workshop is meant to inspire you to write your life story, so that your children, grandchildren and succeeding generations will be allowed to know the real you.
			Your feelings and aspirations, your successes and defeats, your joys and sadness and the untold
			memories you have stored away. Content is the goal, not literary excellence or grammatical
			correctness. \$8 for Northampton seniors. \$10 for non-residents and 55-59.
Thurs.	June 12	10:00 am	Brown Bag: Eligible participants MUST pick up their bags by 11:00 am. Bags cannot be held.
			Call the Food Bank at 413-247-9738 for applications and information.
Thurs.	June 12	1:30 pm	NCOA Board Meeting: Public invited.
Sat.	June 14	9:00-2:00	Annual Ceil Goral Tag Sale - Come browse and see what treasures you can find. Donations being
Mon	June 16	1.20 nm	accepted for the tag sale. Call 413-587-1228 or see reception for more details. Monday Movie - "Saving Mr. Banks" with Tom Hanks - Free to seniors 55 years and older. Donations
Mon.		1:30 pm	always welcome.
Tues.	June 17, 24	1:00 pm	Still Life: Color, Acrylic Painting - An acrylic painting class suitable for all skill levels, including
			beginners. A series of five classes offer a combination of painting time and art history slideshows as a
			reference point for painting and discussion. \$30 Northampton seniors. \$40 non-residents and 55-59. There is also a \$10 materials fee payable to the instructor at the first class.
Tues.	June 17	5:00 pm	Commission on Disability Meeting: Public Invited.
Wed.	June 18	9:30 am	Foot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00
Wed.	June 18	6:30 pm	Mass Mutual Retire Confidently Income Seminar - It doesn't matter how old you are or what stage
			of life you're in, planning for your retirement income needs today can increase your confidence in the
			future. Start building your confidence by attending a MassMutual Retire Confidently Income
			Seminar. It's free, educational and there is no obligation. A representative will address important
			topics such as: challenges that can derail a retirement plan, planning for growth, access, and
			predictable income, converting assets into income and making your money last. Refreshments will be
Sat.	June 21	9:00-12:00	provided. Annual Shred Day Fundraiser - Valley Green Shredding will be on-site to shred documents for a cost
Sal.	Julie 21	9.00-12.00	of \$5.00 per box/bag. This is an annual fundraiser that helps to support the efforts of the Senior
			Center. No paper clips, metal binders, etc. are accepted. Hope to see you there!
Sat.	June 21	10:00 am	Dedication of Meditation Garden - Join the Netto family and NCOA for the dedication of the
544.	20110 21	. 0.00 0111	Meditation Garden in memory of Frank and Mary Netto
Mon.	June 23	10:00-12:00	Garden Painting Event - Join us for a fun time learning how to paint a beautiful garden gate. Local
	_		artists are here to help. Call the Senior Center at 413-587-1228 or see reception to register.
Thurs.	June 26	10:00 am	Dementia Education & Support "Connections" - Come and learn about dementia.
Donati	ons for the Annua	l Ceil Goral Taa	Sale are now being accepted. We Here are some of the events scheduled for 2014.

Donations for the Annual Ceil Goral Tag Sale are now being accepted. We are looking for gently used items such as household items, small pieces of furniture, small appliances that work, jewelry, gardening items, linens, children's toys and collectibles. Sorry but we do not accept books, clothing or large appliances. For more information please call 587–1232 or 587–1231

Here are some of the events scheduled for 2014.
Ice Cream Social - Tuesday, July 8
Veteran's Day Event – Monday, November 10
Holidays Craft Festival & Sale – Saturday, November 22
Holiday Dinner – Sunday, December 7

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

June 2014

For more information please call 413-587-1228

required for all programs, activities and services at

the Senior Center.

fees m	ay be changed without noti	ice.	website: www.northamptonma.gov/713/Council-on-Aging			413-587-1228	
Monda	v June 2		register in advance	1:30	Monday Movie "Saving		
8:20	Dynamic Fitness DVD	9:30	Low Impact 1		Mr. Banks "	10:00	Creative Writing
9:30	Low Impact 1	10:00	Creative Writing			10:30	Low impact 2
10:00	Creative Writing	10:30	Low impact 2	Tuesda	<u>v June 17</u>	11:00	Computer Tutor
10:30	Low impact 2	11:00	Computer Tutor	8:45	Strengthening &	12:15	Massage Clinic
11:00	Computer Tutor	12:30	Bowling at Canal Lanes		Stretching	12:30	Bowling at Canal Lanes
12:15	Massage Clinic	1:00	NeedleWorkshop	9:30	Cup of Conversation	1:00	NeedleWorkshop
12:30	Bowling at Canal Lanes	l	- 40	10:00	Writing Your Life Story		
1:00	NeedleWorkshop		<u>v June 10</u>	10:00	Tai Chi		v June 24
Tuesday	Luna 2	8:45	Strengthening &	10:00	Walking Group	8:45	Strengthening &
8:45	V June 3 Strangthaning &	9:30	Stretching Cup of Convergation	10:00 1:00	PC one-on-one Still Life: Color; Acrylic	9:30	Stretching Cup of Convergation
0.43	Strengthening & Stretching	10:00	Cup of Conversation Writing Your Life Story	1.00	Painting	10:00	Cup of Conversation Writing Your Life Story
9:30	Cup of Conversation	10:00	Tai Chi	5:00	Commission on	10:00	Tai Chi
10:00	Blood Pressure Clinic	10:00	PC one-on-one	3.00	Disability	10:00	Walking Group
10:00	PVTA Photo IDs	12:30	Sewing Workshop		Distibility	10:00	PC one-on-one
10:00	Tai Chi	12.50	Sewing Weinbriep	Wednes	sdav June 18	1:00	Still Life: Color; Acrylic
10:00	PC one-on-one	Wedne	sdav June 11	8:20	Dynamic Fitness DVD		Painting
12:30	Sewing Workshop	8:20	Dynamic Fitness DVD	9:00	Outreach Breakfast		2
		9:00	Outreach Breakfast	9:30	Low Impact 1	Wedne	sday June 25
	sday June 4	9:30	Low Impact 1	9:30	Foot Care Clinic	8:20	Dynamic Fitness DVD
8:20	Dynamic Fitness DVD	10:00	Digital Photography	10:00	Digital Photography	9:00	Outreach Breakfast
9:00	Outreach Breakfast	10:00	PC one-on-one	10:00	PC one-on-one	9:30	Low Impact 1
9:30	Low Impact 1	10:30	Low impact 2	10:30	Low impact 2	10:00	PC one-on-one
10:00	Digital Photography	12:30	Zumba Gold	12:30	Zumba Gold	10:30	Low impact 2
10:00	PC one-on-one	12:30	Bowling at Canal Lanes	12:30	Bowling at Canal Lanes	12:15	Veterans Benefits Service
10:30	Low impact 2	12:30	Cribbage	12:30	Cribbage	12:30	Zumba Gold
11:30	20th ANNUAL PARTY	1:00	Scrabble Timeless Types at Colden	1:00	Scrabble	12:30	Bowling at Canal Lanes
12.15	in THE PARK	1:00	Timeless Tunes at Golden	1:00 5:45	Timeless Tunes at Lathrop	12:30 1:00	Cribbage
12:15	Veteran's Benefits Services	2:45	Moments Feldenkrais	6:30	Beginner Tap MassMutual Retire	1:00	Scrabble Timeless Tunes
12:30	Zumba Gold	5:45	Beginner Tap	0.50	Confidently Income	2:45	Feldenkrais
12:30	Bowling at Canal Lanes	6:00	Evening Yoga		Seminar	5:45	Beginner Tap
12:30	Cribbage	0.00	Evening Togu		Semmar	6:00	Evening Yoga
1:00	Scrabble	Thursd	lay June 12_	Thursd	av June 19	0.00	Evening rogu
1:00	Timeless Tunes at	8:45	Strengthening &	8:45	Strengthening &	Thursd	lav June 26
1.00	Overlook	0	Stretching	""	Stretching	8:45	Strengthening &
2:45	Feldenkrais	10:00	Brown Bag	10:00	PC one-on-one		Stretching
5:45	Beginner Tap	10:00	PC one-on-one	10:00	Wisdom Project	10:00	Connections-Dementia
6:00	Evening Yoga	10:00	Wisdom Project	10:00	Walking Group		Education & Support
		10:15	Gentle Chair Yoga	10:15	Gentle Chair Yoga	10:00	PC one-on-one
	ay June 5	11:30	3rd year tap	11:30	3rd year tap	10:00	Wisdom Project
8:45	Strengthening &	12:30	2nd year tap	12:30	2nd year tap	10:00	Walking Group
10.00	Stretching	1:00	Mahjongg	1:00	Mahjongg	11:30	3rd year tap
10:00		1:00	Readers & Thinkers	1:30	Intermediate Tap	12:30	2nd year tap
10:00	Wisdom Project	1:30	NCOA Board Meeting	1:30	BINGO	1:00 1:30	Mahjongg Intermediate Ten
10:15 11:30	Gentle Chair Yoga	1:30	Intermediate Tap BINGO	Friday	June 20_	1:30	Intermediate Tap BINGO
12:30	3rd year tap 2nd year tap	1.30	DIMOO	8:20	Dynamic Fitness DVD	1.30	DIMOO
1:00	Mahjongg	Friday	June 13	9:30	Low Impact 1	Friday	June 27_
1:30	Intermediate Tap	8:20	Dynamic Fitness DVD	10:00	SNAP-by appt only	8:20	Dynamic Fitness DVD
1:30	BINGO	9:30	Low Impact 1	10:00	Healthy Lifestyles	9:30	Low Impact 1
		10:00	Healthy Lifestyles	10.00	Discussion Group	10:00	Healthy Lifestyles
Friday .	June 6	-0.50	Discussion Group	10:00	PC one-on-one	-0.50	Discussion Group
8:20	Dynamic Fitness DVD	10:00	PC one-on-one	10:30	Nutritional Outreach	10:00	PC one-on-one
9:30	Low Impact 1	10:30	Low impact 2		Program	10:30	Low impact 2
10:00	Healthy Lifestyles	12:30	Bowling at Canal Lanes	10:30	Low impact 2	12:30	Bowling at Canal Lanes
	Discussion Group	12:30	SHINE-call for appt	12:30	Bowling at Canal Lanes	12:30	SHINE-By appointment
10:00	PC one-on-one	1:00	Contract Bridge	12:30	SHINE- By appointment	1	only
10:00	SNAP: By appointment	1:00	Senior Gay Men's Drop-in	,	only	1:00	Contract Bridge
40.00	only	1	Group	1:00	Contract Bridge	1:00	Senior Gay Men's Drop in
10:30	Nutritional Outreach			1:00	Senior Gay Men's Drop-in		Group
10.20	Program		ay June 14		Group	N	I 20
10:30	Low impact 2	9:00	Annual Ceil Goral Tag	C-4	ov. Iumo 21		y June 30 Dynamia Fitness DVD
12:30	SHINE-By appointment	1	Sale		ay June 21	8:20	Dynamic Fitness DVD
12.20	only Poveling at Canal Lanca	Ma	v. June 16	9:00	Annual Shred Day	9:30	Low Impact 1
12:30	Bowling at Canal Lanes	8:20	y June 16 Dynamic Fitness DVD	10:00	Fundraiser Meditation Garden	10:00 10:30	Creative Writing
1:00 1:00	Contract Bridge Senior Gay Men's Drop-	9:30	Low Impact 1	10:00	Dedication Garden	11:00	Low impact 2 Computer Tutor
1.00	in Group	10:00	Creative Writing		Deulcation	12:30	Bowling at Canal Lanes
1:30	Photography Club	10:30	Low impact 2	Monda	v June 23	1:00	NeedleWorkshop
2:45	Friday Yoga	11:00	Computer Tutor	8:20	Dynamic Fitness DVD		ember Scan cards are
15	IIIauy 10gu	12:15	Massage Clinic	9:30	Low Impact 1		
Monday	v June 9	12:30	Bowling at Canal Lanes		Garden Gate Painting	requ	ired for all programs,

1:00

Monday June 9

Dynamic Fitness DVD

Men's Day Event: Please

8:20 **9:00** Bowling at Canal Lanes

NeedleWorkshop

10:00

Garden Gate Painting

Event